

# Mindful Monday

## Things you will need:

A meal plan and all ingredients needed to prepare the meal.

### How are you doing?

- Feelings Check in
- Give a thumbs up or a thumbs down to check in with your child and yourself. Can you name the emotion? It's ok to feel more than one at a time.



### Mindful Cooking

Cooking doesn't have to be a rushed experience. Look at the food in front of you (colour, shapes, etc.) Think about where the food might have come from and who might have been involved in how it was grown or prepared.

Touch the food, feel the temperature and texture. Smell the food. Notice how these things change as you chop, mix, slice, etc.

Notice smells as they change and the textures and the sounds they make as you are cooking. How much heat is being used?

Have discussions about this as a family.

Enjoy the meal you created as a family mindfully!



# Tone it Down Tuesday

## Learning Goal

To understand how we respond to anger affects the emotions of others. Our response to anger affects what other people say and think about us

## Activity

- Click on the link to watch the read aloud called, "[Miss Nelson is Missing](#)", written by Harry Allard.
- <https://www.youtube.com/watch?v=4EvWg3-Lb0>
- Consider how the students' actions affected Miss Nelson's feelings and actions. Our actions and reactions can affect people in positive and negative ways.
- Now it's your turn. Look at the 'Trigger' chart you created last week.
- Think of how your positive and negative reactions would affect the feeling and actions of the people around you.
- You can act it out, write it out or talk it out with someone in your household.
- \*Remember, feeling angry is ok, it's how we handle it that is important. It is important because you are the only one that can control how YOU react to a situation. Therefore, your actions have a direct effect on others.

What makes me angry (triggers)	Positive ways of responding	How your POSITIVE actions affects others (feelings, actions, responses)	Negative ways of responding	How your NEGATIVE actions affects others (feelings, actions, responses)
Being teased (how I look, my clothes, etc.)	<ul style="list-style-type: none"> <li>Ignore</li> <li>Ask them to stop</li> </ul>	<ul style="list-style-type: none"> <li>Might stop</li> <li>Keeps the problem small</li> <li>Embarrassed or ashamed</li> </ul>	<ul style="list-style-type: none"> <li>Insult them back</li> <li>Hitting</li> </ul>	<ul style="list-style-type: none"> <li>Problem will continue</li> <li>May hit back</li> <li>Feel Angry, annoyed</li> </ul>
Losing a game	<ul style="list-style-type: none"> <li>Congratulate the winner</li> <li>Take space</li> </ul>	<ul style="list-style-type: none"> <li>Feel proud and happy</li> <li>Will play with you again</li> <li>Say, "thank you"</li> <li>smile</li> </ul>	<ul style="list-style-type: none"> <li>Call them a "cheater"</li> <li>Throw game pieces</li> </ul>	<ul style="list-style-type: none"> <li>Feel unsafe and uncomfortable</li> <li>Call you a "sore loser"</li> <li>Won't want to play with you again</li> </ul>
When my sibling won't leave me alone	<ul style="list-style-type: none"> <li>Kindly ask for space</li> <li>Remove yourself to an alternate space</li> <li>If the above doesn't work, ask for help</li> </ul>	<ul style="list-style-type: none"> <li>Feel calmer</li> <li>Keeps the problem small</li> <li>May give you space too</li> <li>Might say, "sorry"</li> <li>They might get in trouble, not you</li> </ul>	<ul style="list-style-type: none"> <li>Hit them</li> <li>Yell</li> <li>Swear</li> </ul>	<ul style="list-style-type: none"> <li>Problem becomes bigger</li> <li>Punishment (grounded, no devices, yelled at)</li> <li>Feel Unsafe, unloved, annoyed, hurt</li> <li>Might hit back</li> </ul>

Now, add positive and negative actions to the chart that you began last week

# Wake-Up Wednesday

## Obstacle Course

It can be hard to find ways to move every day when our parks and schools are closed. Here are some ideas of how to create obstacle courses in your own home that can get you moving and having fun. Be imaginative and see what you can create!



<https://www.youtube.com/watch?v=7t3G3nJIArg>



[https://www.youtube.com/watch?v=PfKDX\\_eUUdI](https://www.youtube.com/watch?v=PfKDX_eUUdI)

# Thankful Thursday

## 7 Day Gratitude Challenge

Every day for the next 7 days, celebrate what you are grateful for, corresponding to the theme of the day.

### Suggestions:

- Snap a picture
- Write a note (journal entry)
- Draw a picture
- Call or tell someone



### Possible Themes to choose from:

- Home
- Something that makes me laugh
- Something that I love about myself
- Nature
- Family and Friends
- Pets
- Technology
- Hope
- Love
- Kindness

# Feelings Friday

## Things you will need:

1. Feelings chart from Week 1
2. Paper and a pencil
3. 2-6 players

## How are you doing?

Using your Feelings Chart from Week 1, think about what colour zone you are in. If you are not in the **Green Zone**, what can you do to help yourself get there?

## Feelings Charades

You have had some time to learn about different feelings and you have had some practice looking in the mirror at how your face shows your feelings. Now it's time to see if you can recognize feelings on other people's faces and if they can identify the feelings that you are showing!

1. Using the Feelings Chart from week 1, write down each feeling on a small piece of paper. Remember to only write one feeling on each paper.
2. Once you are done, fold each piece of paper into a small square or rectangle so you can't see the word.
3. Each person playing will take one piece of paper. The first person will act out the feeling and the other players will take turns guessing the feeling that is being acted out.
4. Take turns playing so that each person has a turn acting out a feeling. Keep playing until all the feelings have been acted out.
5. Think about how everyone did. Do you need more practice? Keep playing to get better at recognizing feelings!